



## Village of Ruidoso Office of Emergency Management

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### Winter Storm Preparedness: Ruidoso Senior Citizens

Winter storms can pose a special challenge to elderly New Mexicans. It's wise to plan ahead and develop a network of neighbors, friends and relatives who can help in the event that ice, snow and subfreezing temperatures disrupt your area. Make sure there are several people you can call on to help, not just one person. Senior citizens are advised to:

- Make prior arrangements with your physician or check with your oxygen supplier about emergency plans for those on respirators or other electric powered medical equipment.
- Plan now to have electrical backup for medical equipment.
- Develop a back-up communications plan in case landlines are disrupted by having a charged cell phone or a pager.
- Maintain a two-week supply of medications, both prescription and non-prescription.
- Have copies of your medical records, prescriptions and medical supplies readily available.
- Have extra eyeglasses and batteries for hearing aids ready to go.
- Include your service animals and pets in your plans.
- Think ahead about neighborhood shelters that can accommodate the needs of seniors and the disabled.
- Plan for transportation in case you need to move to a shelter due to power interruptions or other emergency conditions.

For additional winter weather preparedness information, click on:

- <http://www.nws.noaa.gov/om/winter/>
- <http://www.redcross.org/>
- <http://www.ready.gov/america/beinformed/winter.html>
- <http://www.spc.noaa.gov/>

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